

# Virtual “Fitness for You” Classes



## April 2024 Facebook Live:

<https://www.facebook.com/pg/NihRwFitness/videos/>

| Date | Day       | Time              | Program  | Trainer  |
|------|-----------|-------------------|--|----------|
| 4-1  | Monday    | 6:00am – 6:30am   | Strength & Stability – Focus: Lower Body                             | Shannon  |
| 4-1  | Tuesday   | 12:15pm- 12:45pm  | Tabata Strength  | Charissa |
| 4-3  | Wednesday | 12:00pm – 12:30pm | Tabata Cardio Bodyweight Bootcamp                                    | Ashley   |
| 4-4  | Thursday  | 12:15pm – 12:45pm | Stretch for Shoulder & Back Relief                                   | Charissa |
| 4-5  | Friday    | 6:00am – 6:30am   | Yoga Strong  | Shannon  |
| 4-5  | Friday    | 12:00pm – 12:30pm | Balance Sculpt   | Ashley   |
| 4-8  | Monday    | 6:00am – 6:30am   | Spring HIIT  | Shannon  |
| 4-9  | Tuesday   | 12:15pm – 12:45pm | Jazzy-cise   | Charissa |
| 4-9  | Tuesday   | 1:00pm – 1:30pm   | <b>Yoga Strength (In-Person Only) Building 53</b>                    | Shannon  |
| 4-10 | Wednesday | 12:00pm – 12:30pm | Abs Only   | Ashley   |
| 4-11 | Thursday  | 12:15pm – 12:45pm | Total Body Stretch   | Charissa |
| 4-11 | Thursday  | 1:00pm – 1:30pm   | <b>Cycle Connections<br/>(In-Person Only) RKLII Rm. 220-B</b>        | Charissa |
| 4-12 | Friday    | 6:00am – 6:30am   | Max Strength   | Shannon  |
| 4-12 | Friday    | 12:00pm – 12:30pm | Chair Tabata   | Ashley   |
| 4-15 | Monday    | 6:00am – 6:30am   | Bodyweight Tabata  | Shannon  |
| 4-16 | Tuesday   | 12:15pm – 12:45pm | Boxing Break   | Charissa |
| 4-17 | Wednesday | 12:00pm – 12:30pm | HIIT Challenge   | Ashley   |
| 4-18 | Thursday  | 12:15pm – 12:45pm | Dynamic Stretch & Relief   | Charissa |
| 4-18 | Thursday  | 1:00pm – 1:30pm   | <b>Stretch for Back Relief<br/>(In-Person Only) RKL II Rm. 220-B</b> | Charissa |
| 4-19 | Friday    | 6:00am – 6:30am   | Core on the Floor  | Shannon  |
| 4-19 | Friday    | 12:00pm – 12:30pm | Upright Cardio + Abs   | Ashley   |
| 4-22 | Monday    | 6:00am – 6:30am   | Mobility Strength + Stretch  | Shannon  |
| 4-23 | Tuesday   | 12:15pm – 12:45pm | Bodyweight HIIT  | Charissa |
| 4-23 | Tuesday   | 1:00pm – 1:30pm   | <b>Hatha Yoga (In Person Only) Building 53</b>                       | Shannon  |
| 4-24 | Wednesday | 12:00pm – 12:30pm | Glide n’ Go  | Ashley   |
| 4-25 | Thursday  | 12:15pm – 12:45pm | Total Body Stretch   | Charissa |
| 4-25 | Thursday  | 1:00pm – 1:30pm   | <b>HIIT Treadmill Trek<br/>(In-Person Only) RKL II Rm. 220-B</b>     | Charissa |
| 4-26 | Friday    | 6:00am – 6:30am   | Yoga for Athletes – Focus:<br>Balance, Flexibility & Strength        | Shannon  |
| 4-26 | Friday    | 12:00pm – 12:30pm | Upright Cardio + Strength  | Ashley   |
| 4-29 | Monday    | 6:00am – 6:30am   | Strength + The Step  | Shannon  |
| 4-30 | Tuesday   | 12:15pm – 12:45pm | Barre Body   | Charissa |
| 4-30 | Tuesday   | 1:00pm – 1:30pm   | <b>Core Intensive (In-Person Only) Building 53</b>                   | Shannon  |